

Food Glorious Food

The **PRIMARY** need is to pack as much energy (calories) into the *least* weight and volume as you can. If you carry too much food, the weight will be a problem – if you carry too little, you will be hungry.

You may need **3000+** calories per day on an expedition – You can achieve this by increasing the amount of **carbohydrates** (sugars + starches) and fats.

Food can roughly be broken into 3 types:

Simple Carbohydrates – Sugars – provides energy quickly!

Complex Carbohydrates – In the form of rice, pasta – supplies medium term energy.

Fats – These provide long term energy.

Take foods which:

- ✓ Contain the greatest amount of energy (kcal/kg) in the smallest weight and volume
- ✓ You and all of your team like and enjoy
- ✓ Are simple to prepare – ‘one-pot cooking’ such as stews, curries and pastas
- ✓ Cook quickly – to save fuel

Agree the menu with your team before you go – choose food ***which you all like*** – there will be less to carry, food preparation will be simplified and cooking time and fuel will be lessened.

Most dehydrated foods also have the advantage of being quick and easy to prepare, needing only water adding, and they usually cook very quickly.

Generally it is best to take food which is simple to prepare – You will not have the problem of trying to keep food warm if the menu is simple – **‘cook it – eat it’**

Check how long food takes to cook – choose dehydrated food which cooks quickly – ***check the packet instructions before you buy it*** – There is a range of dried noodles, potatoes, rice and pastas which only take a few minutes to prepare.

Choose food which will not go off during the expedition – Especially in very hot weather. **THIS RULES OUT FRESH MEAT.** Dried, cured or smoked meat/sausage will normally last for the duration of an expedition.

Tinned food is generally a ***bad idea*** because of the weight and bulk of the tins – choose dried foods in packets – to cut down on weight and volume.

PLAN meals ahead of the expedition – experiment with dehydrated food meals at home before you go.

ALL food must be packed and waterproofed – so that it will survive the hammering it will receive in your rucksack. It needs to survive being dropped/sat on/squashed etc etc. You do not want to turn up hungry at your campsite only to find your dried packet food all over the inside of your rucksack.

